

Coleen Nolan
'I'll never have
Lorraine's
bikini bod'

28 JULY 2015 ISSUE 29

best

DANNIELLA
Obscene
texting

TINA
£50K
surgery

**DESPERATE
WOMEN**

DENISE
Sex-mad
toyboy

SHERIDAN

**SO UNLUCKY
IN LOVE**

*'I've been hurt by
an idiot boy again'*

**From
burns
victim to
firefighter**



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written
about me is
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best Contents

EVERY TUESDAY 21.07.15

Survivors who inspire us



Parents will often say their greatest fear is that something will happen to their child. The thought of not being able to protect them from harm is unimaginable so, for many of us, stories of children who have been through incredibly painful and traumatic experiences can make for difficult reading. I can't pretend two of our features

this week are 'easy' to read – but I can promise that they are profoundly moving, compelling and inspiring. Both focus on people who suffered terribly during their childhood – physically, emotionally and psychologically. Their ordeals were entirely different, but what unites them is that both used their experiences to help prevent others from suffering in the same way – which, as you'll discover on pages 20-21 and 38-39, involved courage in its truest form. If they're brave enough to live their lives this way, the least we can do is tell their stories.

Jenny Vereker, Executive Editor

Burns victim Terry is now a firefighter



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Sarah won't let child abuse define her

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THE news edit



1

CUTE BOOKS GIVEN THE ROYAL SEAL OF APPROVAL

A SERIES OF ADORABLE BOOKS FOLLOWING THE IMAGINARY ANTICS OF THE ROYAL FAMILY IS ON SALE IN THE BUCKINGHAM PALACE GIFT SHOP THIS SUMMER.

The latest book in the *Royal Baby* series, written by Martha Mumford, is *Hooray! It's A New Royal Baby!* Following little Prince George as he becomes a big brother, it's aimed at helping toddlers come to terms with their siblings. Fearing that Princess Charlotte will dribble on his toys and steal his sandwiches, George finds out that his sister is actually lots of fun.

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2

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See how they GROW!

► She might be daddy's little girl, but four-year-old Harper Beckham looked all grown up at LAX Airport last week. She's clearly following in fashionista mum Victoria's footsteps...



▲ The usually fiery chef Gordon Ramsay looked calm and collected last week as he relaxed with his teenage kids – Megan, 16, Tilly, 13, and 15-year-old twins Holly and Jack – at Heathrow Airport.



▼ It's a case of like mother, like daughter for model Cindy Crawford and her girl Kaia Gerber. Stunning Kaia, 13, has already made her modelling debut in Italian *Vogue*.

3



4

READY, SET, BAKE

Enamelware, from £10.47, all Lakeland.



Bakeware, from £2.99. Cupcakes, £2.99.



WHILE WE EAGERLY AWAIT THE NEW SERIES OF THE GREAT BRITISH BAKE OFF, we'll happily make do with the exclusive range of bakeware from Lakeland. From classic enamelware to printed cupcakes, you'll be fully equipped to be Star Baker. Here's hoping for no soggy bottoms...

5



A REAL VINTAGE



IF YOU'RE A SUCKER FOR GORGEOUS PACKAGING, start stocking up on Rosina's Lotions & Potions, which stands out from the crowd thanks to its beautifully sculpted glass bottles. A total of 65 years and three generations of knowledge have gone into this brand new range, which boasts skin-boosting peptides.

Candle Collection, £58.50. Fountain of Youth Serum, £45, rosinalotionspotions.com

JOAN'S AGE-DEFYING SECRETS

EVER WONDERED HOW JOAN COLLINS MANAGES TO LOOK SO GREAT AT 82? According to the Hollywood legend, it's all about looking after your skin – and investing in some good make-up. 'Beauty starts with the skin. Your skincare regime should be as much a part of your daily routine as brushing your teeth,' Joan explained at the launch of her new perfume, I Am Woman. Adding that one of the staples in her make-up bag is a good foundation, Dame Joan – known for her perfectly applied lipstick – said, 'A good base can help disguise any telltale signs of ageing. It's about base, not Botox!'



7

The ladies all
set to come to
the rescue

WHO YA GONNA CALL?

HANDS UP WHO'S EXCITED FOR THE NEW ALL-FEMALE GHOSTBUSTERS FILM?! To whet our appetites, director Paul Feig shared the first cast photo from filming last week, showing the movie's leading ladies – Melissa McCarthy, Kristen Wiig, Leslie Jones and Kate McKinnon – in costume and ready for action. We're already counting down the days until it's released next July.

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A DREAM SCENT

CALLING ALL MARC JACOBS FANS, THERE'S A NEW FRAGRANCE TO COVET. Whether you're a fan of the scent or simply like collecting the different bottles, it's hard not to love Daisy Dream Forever, a muskier version of the classic featuring blackberry and blue wisteria.

Marc Jacobs Daisy Dream Forever, £59 (50ml)



Overheard
this week...



NADIA SAWALHA

'I've got cellulite up to my knees.'



VICTORIA BECKHAM

'I say [to the kids], "Mummy was a pop star once. Mummy was somewhat cool!"'



PHILLIP SCHOFIELD

'I've just been tasting Greek wine! The only investment you can be sure will still be there in the morning!'



SINITTA

'I begged Simon for a spot on *The X Factor* panel. I don't get his decision to choose Nick Grimshaw – he can't sing!'



KAREN HAUER

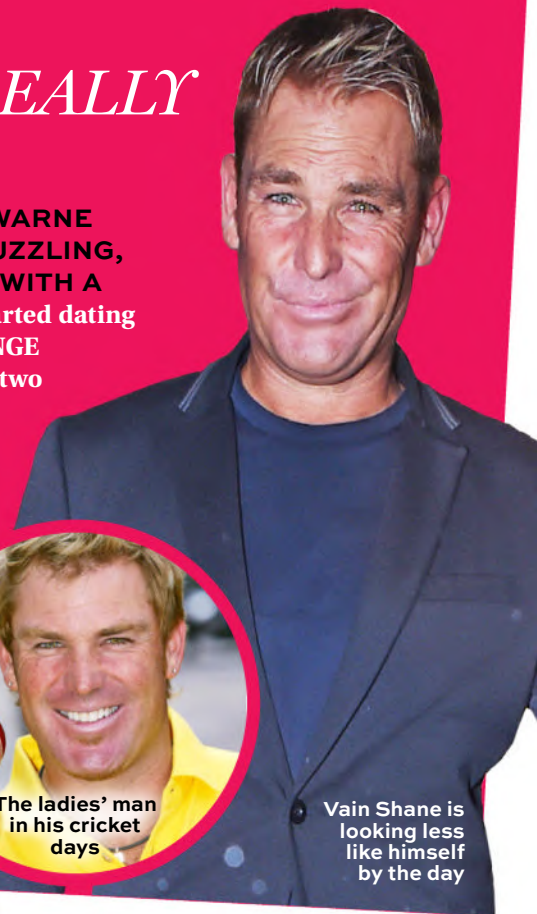
'My shiny new last name is Mrs Karen Clifton.'

9 IS THIS REALLY SHANE?

THREE YEAR AGO, SHANE WARNE WAS KNOWN AS A BEER-GUZZLING, HELL-RAISING CRICKETER WITH A LOVE OF WOMEN. Then he started dating Liz Hurley and something STRANGE happened... He lost 22 pounds in two months, his face changed (he blamed that on the weight loss, saying, 'When you lose 10 kilos your facial features change,' but does anyone else think his chin has grown?) Next, he had a hair transplant and his teeth whitened. He insists he's never had a fake tan, Botox or plastic surgery, but the only thing we want to say to this new metro man is OUT!



The ladies' man in his cricket days



Vain Shane is looking less like himself by the day

Joan Collins – Hollywood glamour all the way



10



From rugged hero with curls...

POLDARK'S NEW LOOK

HE WON AN ARMY OF FANS WHEN HE GRACED THE SMALL SCREEN AS GRITTY CORNISHMAN CAPTAIN ROSS POLDARK. Now hunky

Irish actor Aidan Turner has returned to Cornwall – this time looking worlds apart from his Poldark alter-ego. Snapped with newly cropped, tidy hair and wearing a dapper suit, the 32-year-old was spotted filming his new TV project – an adaptation of Agatha



...to dapper gent with a gun

Christie's best-selling crime novel *And Then There Were None*. But fans of his long mane don't need to panic – there's plenty of time for it to grow back before the second series of *Poldark* hits our screens next year.

WORDS: HELEN PIKE & RIANNE ISON
PICTURES: BBC, FAMOUS, GETTY, REX, WENN

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THIS WEEK...

Why I'll never look like Lorraine!

Straight Talk...



With Loose Woman
Coleen Nolan



Zumba-loving
Lorraine Kelly



OK, I could do with losing a bit of weight. A couple of stone to be fair. BUT I hate the pressure to diet every summer.

'Ten days to get a bikini body!' my TV keeps shouting. Well, my bikini days are over. I'm currently a size 16 and I will decide what size I'm OK with and I won't be dictated to by the weather.

It's not like I've ever been a supermodel like Elle Macpherson, even at 51 her body is still her career. It's not mine. That's not what I do. Even if I was a size 12, a camera would catch me at an unflattering angle – and people would say I looked haggard.

You can't win these days. You are either too fat – me – or too thin – poor Cheryl Fernandez-Versini.

Don't get me wrong, I saw Lorraine Kelly on ITV and she looks stunning. Credit to her, but she does Zumba three times a week and enjoys it. She was never really fat was she? She's never been larger than a size 14 – and that just isn't fat.

I admit refusing to diet is partly laziness. If I could click my fingers and be slim, I'd click them – A LOT. But dieting and the gym are exhausting.

I will eventually lose weight – but only for health reasons. I've started to think, I'm a bit stiff in the morning. I am 50 now and we have a history of arthritis in our family, so it would help my joints out to carry a bit less around.

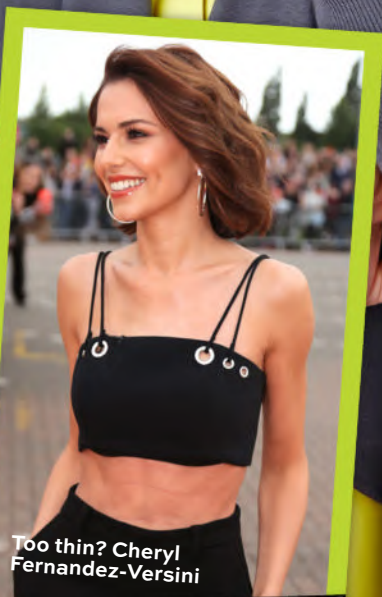
For the time being, though, I'm off to the US for the summer – and I'll be having plenty of giant ice creams.

THE PERFECT PICK ME UP!

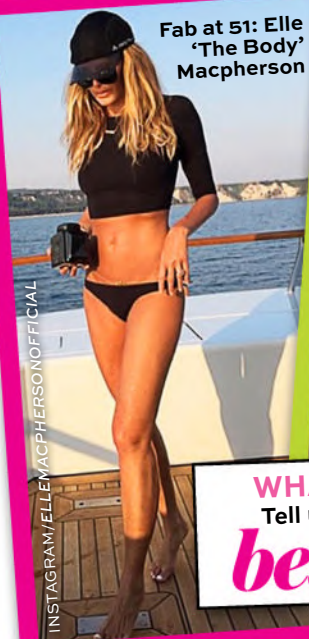
Since fronting the band Rixton, my son Jake gets bored having his picture taken. So last week, he only agreed to it if his girlfriend, Jesy from Little Mix, and I picked him up! After that, I had to go for my own pick-me-up – a nice cuppa tea!



My boy
Jake,
Jessey
and me!



Too thin? Cheryl
Fernandez-Versini



Fab at 51: Elle
'The Body'
Macpherson

WHAT DO YOU THINK?
Tell us your views at **BestDaily**
bestdaily.co.uk

Unlucky-in-l

She's talented and in-demand, so why can't actress Sheridan Smith seem to find lasting happiness?

Cilla star Sheridan Smith took to Twitter recently to post the cryptic tweets, 'Just been hurt by an idiot boy again,' and, 'Feels like sxxx.'

Fans presumed she'd split from *Hollyoaks* boyfriend Greg Wood when the 34-year-old added afterwards, 'Grace [Greg's *Hollyoaks* co-star Tamara Wall's character] and Trevor [Greg's character] are real life cheats, not me. I'm outta here.'

Shortly afterwards, Sheridan removed the tweets. Greg and Tamara denied any involvement with each other and everyone's agents declined to comment.



Sheridan's cryptic tweets prompted rumours she's split from Greg



INSTAGRAM/TAMMIEW

Hollyoaks' Trevor Royle (Greg Wood) and Grace Black (Tamara Wall) get close

Actress Sheridan has suffered plenty of heartbreak

Love Sheridan

SHERIDAN'S NEARLY MEN

Sheridan was with James Corden, twice...



...but the funnyman dated Lily Allen in between



Her relationship with Ross McCall lasted four months



She stood by Reg Traviss but it didn't work out

But whatever the truth surrounding her latest romance with separated dad-of-three Greg, this isn't the first time the actress has suffered heartache.

Her first high-profile relationship was with funnyman James Corden. The couple met on the set of *Fat Friends* in 2002, when Sheridan was just 21, but they didn't start dating for another five years, in 2007.

James openly called Sheridan 'the love of his life', and reportedly told friends, 'I'm going to marry that girl.'

But Sheridan was more pragmatic, worrying that work commitments would put a strain on their relationship. So it proved, when they split a year later.

James was briefly seen out with Lily Allen but he and Sheridan were soon back together, with James declaring, 'Yes, Sheridan and

going brilliantly. I couldn't be happier.'

Sheridan even bought him a 'back together' bassett hound and rumours were rife that the pair were about to tie the knot. But she warned, 'I'm going to be in Benidorm for six weeks filming, so that will be tough on us.'

He words were prophetic.

The couple split again in August 2009 – this time for good. Months later, James was dating TV executive Julia Carey, who soon fell pregnant soon, and is now his wife.

Meanwhile, Sheridan started seeing Scottish actor Ross McCall in March 2010. He had been her friend for

I are back together and it's

10 years but the long-distance romance fizzled out after just four months.

Next came Reg Traviss. The former film director boyfriend of tragic singer Amy Winehouse was snapped kissing the star in the street back in September 2012. Traviss was falsely accused of rape and – although he publicly

thanked girlfriend

Sheridan for standing by him when he was cleared in December, saying, 'She has a been a real strength

throughout' – things were over between the couple four weeks later.

'Sheridan really liked Reg. They got on well but things just didn't work out,' a friend explained after the split.

When *Best* caught up with

'Before I knew it, he was sick down my dress'

Sheridan shortly before she met Greg Wood, we asked the star about her worst dating disasters.

'I feel terrible in case he reads this,' she giggled. 'Me and this guy had gone out and he was drinking red cocktails, then we left and got on the night bus.

'He was swaying about holding on to the bar, when I saw him turn rather green. And before I knew it, he was sick all down my dress. I didn't see him again...'

So in an ideal world what would her perfect man be?

'My big thing is, make me laugh. And I'm animal mad so something like going to a chimp sanctuary would be good,' she explained.

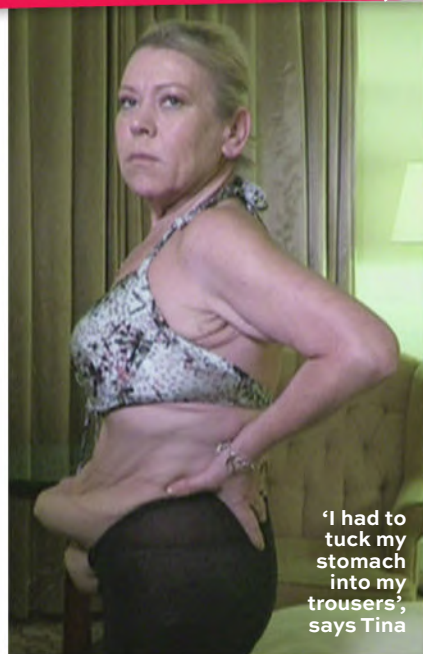
We doubt Mr Wood is making her laugh much at the moment... so if he turns out to be a frog, not a prince, we hope she finds true love soon. She deserves it.

Desperate

TINA MALONE, 52



Tina as matriarch Mimi in *Shameless*



'I had to tuck my stomach into my trousers', says Tina



With husband Paul on *This Morning*

Thousands of pounds on surgery **DESPITE MY EXPLODING BOOB**

She's having a shocking £50K worth of cosmetic surgery for a TV show but, last week, terrified Tina Malone watched her new left boob explode.

Her husband Paul, 21 years her junior, explained: 'It came out of nowhere and exploded. There was some kind of infection that made it balloon. You can imagine how scared we all were.'

Thankfully, antibiotics have sorted the infection and, on Sunday morning, the straight-talking *Shameless* star tweeted: 'Hi all, I am fit and well and have great arms, no bingo wings, a flat stomach, and incredible breasts for the first time in my life!'

Asked why she agreed to so many operations, the mum-of-two replied:

'I'm not saying I was smacked with the ugly stick, but I certainly hit a few branches when I fell out of the tree.'

'I've never been a beauty. I never will be but, for the first time in my life, I want to make the best of myself.'

The actress lost 7st for her wedding to fitness instructor Paul, 31, with the help of two gastric band operations.

'It's not easy being naked in front of a bloke when you're a fat bird,' she said.

Paul is the same age as Tina's oldest daughter, Danielle.

Tina lost another 4st in a bid to get pregnant with her new husband and, thanks to IVF, baby Flame arrived when her mum was 50. But the baby, plus the weight loss, left Tina with so

much excess skin around her stomach that she had to tuck it into her trousers.

'I'm 8st 10in, I'm a size 10 – I would be a size six or an eight, as I have no body fat anywhere, bar skin now. I've got the longest boobs in the world. I could tie them round my waist,' she admitted.

So, this January, Tina, now 52, signed up for a new *TLC* documentary – to air in October – that filmed her having cosmetic surgery on her stomach, face, neck, breast, arms and thighs.

'People had plenty to say about the age difference [in my marriage], but at the end of the day, love is love, isn't it?' she said.

After all this effort, let's hope so, Tina... it seems a bit desperate to us.

VERS – CLINGING ON TO THEIR YOUTH WON'T STOP THESE STARS AGEING...

e behaviour...

DENISE WELCH, 57

'I don't want
people thinking
**LINCOLN'S
MY CARER!**'

Denise's
second
husband
is 15 years
her junior

Reformed party girl Denise Welch seems determined to cling on to her youth. 'I married a buff younger man and I need to keep up,' she told *Best* when the couple married two years ago. 'I don't want people to think he's my carer!'

For Lincoln Townley, 42, an adult nightclub owner, Denise gave up smoking and drinking, lost weight on the LighterLife Diet, and even had therapy to make sure she did not return to her old eating habits.

Once the former *Loose Woman* had shed 2st, she hit the gym to keep her new 9st 4lb figure.

And it's not the first time Denise has tried to hang on to her youth.

She's confessed to Botox and a £6,000 eyelift in the past.

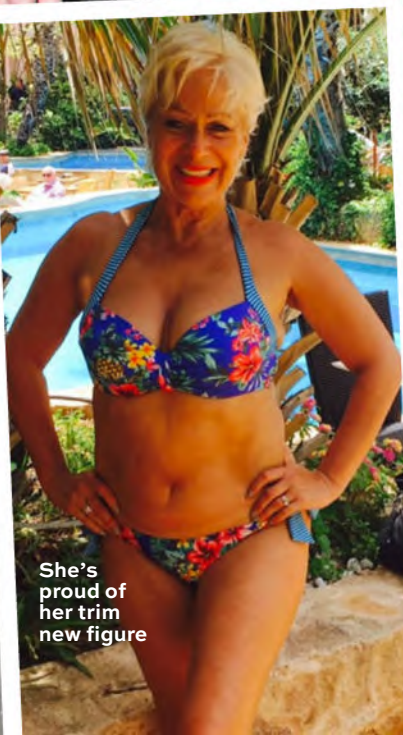
'I just wanted to be fresher. My crows' feet and baggy eyes bothered me,' said Denise.

But last year she was rocked when Lincoln confessed in his autobiography to a sex addiction.

'He wanted more coke and more women, even old women, and he devoured them. He had sex parties... and worked his way through an endless supply of young women.'

An insider told *Best*, 'Denise cried when she read the extent of his addictions.'

So, will the pair's age-gap love last? If not, it certainly won't be for the want of trying on Denise's part.



She's
proud of
her trim
new figure



Hard-
party
Denise is
a thing of
the past

PICTURES: ALPHA PRESS, EMPICS, EROTEME, EXPRESS SYNDICATION, JOHN WILLIAMS PHOTO, PLANETPHOTOS.COM, REX FEATURES, VANTAGE NEWS.CO.UK

Desperate for love...

Troubled Danniella admits she has an addiction problem



DANNIELLA WESTBROOK, 41

Ex-EastEnder's X-rated meltdown

DANNI'S SLEAZY PICS TO STRANGER

SHOCKING WESTBROOK PHOTOS INSIDE

Her shame was splashed across this front page

'Drugs highlight everything that is WRONG WITH YOU'

'Embarrassing' is the only way to describe Danniella Westbrook's recent behaviour, but we can't help disliking the snake who sold his story to the press.

Troubled former soap star Danniella has been caught bombarding a stranger with explicit photos of herself, in an attempt to seduce him. Cleaning company boss Alfie Southion told a reporter that he was bemused when the 41-year-old began to send him up to 30 messages a day via her phone, after the pair had swapped numbers.

This comes just two months after Danniella went public with her relationship with 20-year-old toyboy Jude Moore, who's only two years older than her son, Kai.

Shortly before this, she



With her toyboy Jude

confessed she had tried to end her own life with a cocaine binge, after she split up with cage fighter Tom Richards, 25.

Asked why she had turned to drugs again (she first took coke at 15 and was spending £500 a day on the habit by 25), she replied: 'Losing my marriage was a big deal for me, and my home being robbed... and moving my kids into a bedsit this year was really difficult.'

'And talking about the rape, I thought, would be a good thing for me - I've not dealt with it very well.' (Danniella was raped 21 years ago by men she owed money to, after she failed to pay a £5,000 drug debt.)

'I do need help,' she admitted two months ago. 'I will always be an addict. It highlights everything that is wrong with you.'

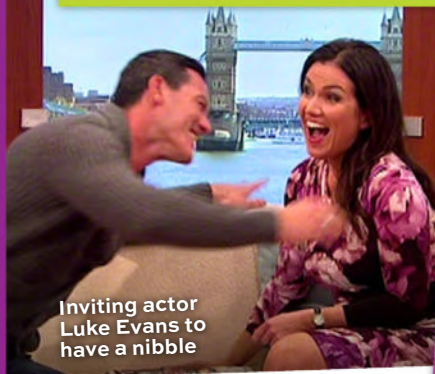
It seems Danniella has lost her self-esteem, her home and several job opportunities in her ongoing battle to beat drugs. We'd like to hope that a 20-year-old toyboy is the man to help her do it - but we doubt it.



‘Being labelled a flirt frustrates me!’

But, Susanna Reid, the camera doesn't lie! As these photos show

Getting saucy with Angel Delight



My job is to get the absolute best out of people'

Good Morning Britain presenter Susanna Reid has long been accused of outrageously flirting with her interviewees but, last week she took her girly antics a step further – with a bowl of Angel Delight.

Realising she'd not been provided with a spoon, the mum-of-three sent social media into overdrive after scooping some of the retro dessert on to her little finger and seductively licking it off.

'Oh my goodness me,' giggled fellow presenter Kate Garraway, looking on.

As viewers will know, this is not the first time Susanna

has been labelled coquettish. Ever since she shimmied on to *Strictly*, where her dance moves vied with her outfits for claiming the headlines, she's been making her name as something of a flirt.

Back on ITV's *GMB* last October, she invited handsome *Dracula* star Luke Evans to bite her neck...

And when David Beckham was a guest in February, the 44-year-old was positively giddy! She clasped her face, grinned and listened intently as he talked

about his family.

A month later, at an interview with David Cameron in Downing Street, she laughed, tilted her head, chewed on her pen and gazed doe-eyed at the PM.

Body language expert Judy James reckons Susanna's interview technique was 'Less Paxman-style, more "50 Shades of Flirting"! Her smile looks excited and her head dips are coy.

'If I were Sam Cameron, I would have run in with a fire extinguisher!'

She's also been accused of flirting with Hollywood star Tom Cruise.

However, asked in June about her interviewing style, Susanna retorted, 'I'm a professional interviewer whose job it is to get the absolute best out of people.

'To have it described in a different way feels a bit like, come on, really?

'You have to accept a certain level of scrutiny, but does it frustrate me? Of course it does.'

Still, if you've got it, flaunt it, we say. And we think Susanna certainly has it!



Camilla had a real laugh posing with Mr Tickle!



Andy Murray's sweat band ended up with the royal lady



...who bagged up the prized souvenir and took it home



She even rocked a quirky bag shaped like a can of baked beans!



Camilla chills out

The Duchess of Cornwall has been keen to show off her fun side lately...

For 10 years, she's remained in Prince Charles' shadow, accompanying her husband to official royal events and supporting him with his charity work. But now, Camilla Parker Bowles is really coming into her own.

Having escaped the label of the most hated woman in Britain – who was vilified for years because of her role in the break-up of Charles and Diana's marriage – it seems the Duchess of Cornwall has finally found the confidence to show off her quirky personality.

Last week, Camilla, 67, outshone the other royals at Princess Charlotte's christening when she suffered a 'Marilyn Monroe moment' outside the St. Mary Magdalene Church in Sandringham. Clutching her hat and holding down her pale blue dress with her handbag, she laughed as she was nearly caught out by the gust of wind.

And that's not the first time she's grabbed our

attention in recent weeks.

Turning out to support Andy Murray at this year's Wimbledon, Camilla had other spectators and viewers at home giggling with her antics.

When Andy breezed through to the third round of the tournament, he hurled his sweat band at the excited crowd, where it was caught by the All England Lawn Tennis and Croquet Club chairman Philip Brook, before being passed on to the Duchess.

Acting up for the cameras, Camilla playfully wrinkled her nose, before tucking the sweat band into her handbag as a souvenir.

Meanwhile, earlier this month, she proved she has a great sense of humour when she stepped out carrying a sequined clutch bag shaped like a can of baked beans. The accessory, created by British label The Rodnik



'She's warm, smiley and sincere'

Band, made sure Camilla turned heads as she mingled with guests at the Elephant Family event – a conservation charity set up by her late brother Mark Shand.

Days later, the mum-of-two upped her style stakes once more when she turned out to the Hampton Court Palace Flower Show wearing a fashionable mint green dress and shading herself

from the summer sun with a quirky parasole.

Attempting to keep her cool on the hottest day of the year, she tucked in to a classic 99 ice cream – much to the delight of the photographers.

But the biggest laugh of the day came when the Duchess gamely posed for a photo alongside a scarecrow made to look like Mr Tickle, before joking with passers-by.

Now it seems the world is finally getting to see what many of the royal family, including her stepsons Prince William and Harry, have always known.

After all, a royal insider once revealed she'd won the whole family over, saying, 'Camilla is warm, smiley and sincere. If you were going to use five words to describe her, they would be funny, down-to-earth, opinionated, family-orientated and hearty.'

If the past few weeks are anything to go by, we can't wait to see what Camilla does next...

HER TRUE SELF...



Camilla's also shown a love for animals



She looked like a natural while pouring beer with husband Charles



Meeting Boy George put a huge grin on the Duchess' face

WORDS: RIANNE ISON PICTURES: PA, REX

Beatrice knows what's been written about me is rubbish

Sir Paul McCartney's ex-wife Heather Mills talks revenge, romance and bringing up her 11-year-old daughter...

At 47, you look fitter than ever. How do you feel about your body right now?

I'm really happy with it. People say to me, 'Oh, you're so lucky, you're skinny!' and I say, 'You don't want to be skinny - you want to be fit.' Apart from when I was pregnant with Beatrice [her daughter with Sir Paul McCartney], I've barely wavered from 55 kilos [8½st] for the past 25 years.

Would you change anything?

I do wish I had a bigger bum; I'd like a nice rounded booty - an even bigger one than Kim Kardashian's! Women always want something, don't they? I'm never going to have one, unfortunately. I'm just not made like that.

Would you ever have plastic surgery?

I had my boobs reduced when I was 21 because I looked like Dolly Parton and found it tough to play sport! As for the future, I wouldn't say no and I wouldn't say yes. I think I look OK. Are you trying to say I need it?

Your life has been full of extreme highs and

lows. How do you stave off depression during your low moments?

I'm lucky never to have been diagnosed with clinical depression. Taking Omega 3 [supplements] has helped boost my serotonin levels naturally, and I love extreme sports. If the pressures start to pile up, I turn to sport, and to my family and friends.

What about the scrutiny you endured when you were divorcing Sir Paul?

I'd been through a hell of a lot in my life before that, and

I knew things would turn around. I'm not a revenge person; I'm a justice person. I tend to focus on the positive things, and people who know me know that a lot of the stuff written during that period was just BS. You know, I just married an icon - it could've been anybody. Poor Linda [McCartney, Paul's first wife] and Yoko [Ono, John Lennon's second wife] went through it, too...

Do you worry that, when Beatrice gets older, she'll read some of the



Heather's so proud of her self-assured girl



HEATHER'S HUSBANDS



Her 1989 marriage to Alfie Karmal lasted two years



Her six-year union with Sir Paul also ended in divorce



A prosthetic limb doesn't hold her back from skiing...



RIISING TO A CHALLENGE

...and she also finds strength in other sports



unpleasant things written about you online?

I'm not really concerned. I've said to her, 'If you ever read all the rubbish on the internet, this could be said or that could be said...' and she just replies, 'Mum, are you stupid? They write rubbish about celebrities all the time – you're not the only one they write c**p about! I love you and I know exactly who you are.' She's totally together, and I'm absolutely blessed to have her.

You've been married and divorced twice. Are you able to take anything positive from that at all?

Yes – a determination never to get married again! I'm not saying I won't meet the man of my dreams or fall in love – I just won't sign a document. I wear my heart on my sleeve – that's just how I am – but I don't need someone around all the time. I'm so fulfilled with my family and friends that I'm not afraid to be alone.

Your daughter Beatrice is 11 now. Are you close?

Ridiculously close! I give her total freedom. She doesn't have to be vegan, for

example – she wants to be. My approach is basically to treat my child like a human being, and it seems to have worked, because she's never let me down. She's my number-one priority. She's a very mature and independent young girl – she's even started to talk

about adopting in the future! She thinks there are already so many children in the world who don't have homes, so why create more?

So I may well be the grandparent of adopted kids.

How do you see the future?

I think I'm going to live to a very old age. I've got a feeling I'll still be skiing in my 90s!

Do you think you'd like to live forever?

Not on this planet!

● Heather Mills is launching her VBites range of vegan food across the UK with Holland & Barrett. Try the range in over 500 high-street stores today

My daughter is so together. I'm blessed to have her'

From burns victim to firefighter

Nancy Andrews, 58, says she's never been more proud of her boy, who overcame his fears to save others from the flames

'There's been an accident,' – these are the words all parents dread.

So when my ex-husband Tim gave me the news of how our six-year-old son, Terry, had been badly burned and was fighting for his life in hospital, I listened in shock.

It was August 1992. Tim and I had split four years earlier and our three boys, Terry, Jason, 12, and Ryan, 10, were at his place.

I'd remarried and was eight months pregnant at the time, and my sister Dorothy, 35, drove me to the hospital in our parents' mobile home.

Arriving at the hospital, a nurse warned me it was going to be a shock to see Terry, who had suffered 70 per cent burns to his face, neck, arms and body.

But nothing could have prepared me for seeing my little boy hooked up to machines, his face and body wrapped in bandages.

I desperately wanted to

hug him, but the slightest touch was agony for him.

All I could do was stroke his feet – the only part of him that hadn't been burned – and tell him I loved him.

Tim explained the boys had been playing outside and Ryan and Jason had somehow found some kerosene, filled a bowl with it, and set it alight.

When the flames erupted, they'd panicked.

Desperately trying to put the fire out, they'd kicked the bowl over. At that moment, Terry ran over to see what was happening and he'd been engulfed in flames.



Nancy is incredibly proud of Terry

LOST CHILDHOOD



Six-year-old Terry before the accident



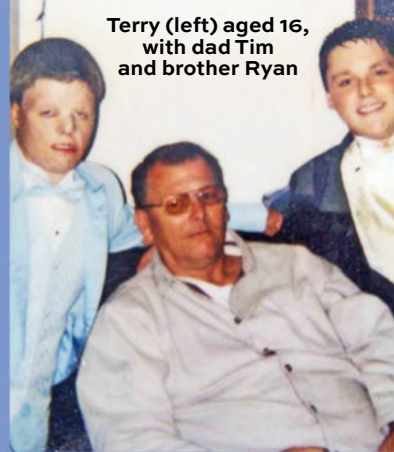
GRUELLING JOURNEY



Terry suffered third-degree burns



He endured a year of intensive treatment



Terry (left) aged 16, with dad Tim and brother Ryan

'Are you sure about this?' I asked, worried. 'I can't let fear control me,' he said.

I was overwhelmed as I thought back to the boy in the hospital bed.

I flung my arms around him, the way I wanted to when he was six.

Terry had overcome so

much, and even though I was terrified – half expecting a call to say there'd been another accident – I couldn't stand in his way.

Terry started 12 weeks of gruelling training in April 2012 with the Washington Fire Department.

His missing fingers meant it was hard for him to hold the hose, and he froze with

panic the first time he faced fire during a training exercise.

But he refused to give up, and three months later,

he called to say he'd passed.

When he came to visit me wearing his uniform, I was overwhelmed with emotion at how far he'd come since his accident.

Terry, now 29, has started up his own foundation that offers help to other young burns victims.

I have no way of knowing what kind of person my boy would've been if the fire hadn't happened.

But, what I do know, is that Terry has made it his duty to save others from the flames.

I've never been more proud of him. To me, he's a true hero.

A neighbour heard Terry's screams, grabbed a sleeping bag, and wrapped him in it to smother the fire.

His brothers were devastated, but it wasn't their fault. It had just been a terrible accident.

For the next few weeks, I camped by Terry's bedside, helping the nurses to clean and dress his skin every day.

'It hurts, Mama,' Terry would sob. It broke my heart to see him in such pain.

It was a long road to recovery – Terry underwent endless skin graft operations and intensive physiotherapy.

While he was still in hospital, I gave birth to my son Jesse. I couldn't wait for Terry to meet him, but it was another year before he was allowed home.

He'd lost parts

of his fingers and his skin was thick and twisted with scars. But, he was alive.

Going back to school when he was eight was tough. One day, he came home in tears.

'They called me a monster,' he wept, 'And Freddy Krueger.'

'Don't listen to them,' I told him. 'We all love you.' Strangers would stare at him in the street, too, because of his scars.

But, in time, he learned to take it all in his stride and grew into a positive, outgoing, young man.

Yet, after graduating from high school, he struggled to find work. Employers couldn't see past his disabilities and it knocked his confidence.

Then, when Terry was 26, he made a decision that shocked me.

'I'm going to train to be a firefighter,' he said.

Since the accident, he'd been terrified of fire, understandably. And now, he wanted to do a job where he'd be facing that fear every day.

Kids at school called him Freddy Krueger'



TERRY SAYS...

'The fire was the most terrifying experience of my life. It robbed me of my childhood, but my family's love kept me going. They never treated me any differently, so, with them, I didn't feel like I had a disability.

'Becoming a fireman has been a dream come true – the awe on people's faces when I wear the uniform in public makes me feel amazing! And starting my own foundation will help me support burns children, the way my mum supported me.'

GET A PROFESSIONAL MANICURE IN YOUR OWN BATHROOM!

STEP ONE NAIL CLINIC

The key to a top mani is fixing all the issues preventing healthy nails – just as you'd prep skin before make-up.

Stained

'Nails can sometimes look discoloured, which can be due to illness, smoking or, more commonly, not wearing a base under a strong colour,' explains Lynn Gray, National Sales Manager for Mavala UK. A base coat creates a barrier between the polish and the nail plate. **Deborah Lippmann All About That Base CC Base Coat, £18**, gives nails the same attention as skin would get, acting as a primer and brightener in one.

Ridged

Grooved nails make nail-painting harder. Buffing has a similar effect to exfoliating, smoothing down the worst bits. Do this on polish-free nails twice a week for gradual results.

Essie Nail Treatment Fill The Gap!, £8.99, smooths the plate on an instant and long-term basis.

Flaky

Dehydration is the main cause of peeling and flaking.

Cuticle oils, while nourishing, won't target this problem – their job is to soften, not hydrate. A lighter fluid like **Mavala Mava-Flex Serum, £16**, with urea to moisturise, deals with thirsty talons by penetrating the nail bed. Paint it on at night. 'Using removers high in acetone can severely dry out the nail plate, causing peeling,' explains Bryony McMillan, OPI nail treatment and care expert. **OPI Acetone-Free Polish Remover, £3.75**, is a kindly option for delicate nails.

Weak

If your tips are overly flexible, ensure your base coat is targeted to strengthen them. Trim long nails down, then apply two coats of **RenuNail Strengtheners, £17.50**, once a day for five days.

Short & stubby

Forever cursed with nails that won't grow? 'One reason for this may be bad circulation – if you have cold hands, nails tend to grow slower,' explains Lynn. 'Applying lots of cuticle oil will encourage health at the matrix of the nails, where all the good stuff happens,' advises Rebecca Jade Wilson, Ciaté's brand ambassador. Follow with vitamin-packed **Ciaté Status Grow, £12**, to stimulate keratin production.



G

N
AT H

STEP TWO GET THE GLOSS

Colour & care

These days, if your polish doesn't offer more than just a colour, then it's not worth knowing. **Autograph All in One Nail Colour, £6** (16 shades), makes quick work of a mani, with its inbuilt base and top coat. The argan oil and vitamin E formula conditions and nourishes. If strengthening is your priority, the pistacia oil in **KIKO Power Pro Nail Lacquer, £4.90** (45 shades), does its job, while the calcium blend in **Nails Inc Nailpure, £14** (six shades) has a similar effect.

Well gel

Nothing beats that plump high-shine finish that a salon offers and, if you're looking to save money, there's two ways to achieve the effect at home. **'Gel-finish'** Usually sold as kits, they contain all the components needed to create the gel nail service offered in a salon, including the all-essential UV lamp which 'sets' the formula to last longer. Can it be damaging in the long run? 'Continual use of gels can dehydrate your nails, due to the removal process,' explains manicurist Michelle Class. Give them a breather in between manis by massaging in a cuticle oil.

Experts agree that the biggest bad habit is not removing polish correctly. 'Picking or peeling gels isn't advised,' warns Michelle. 'Buff the top to break the seal, soak cotton wool with **Red Carpet Manicure Erase, £15.95**, and place on the nail. Wrap with silver foil and leave for 10 minutes, before gently easing off with an orange wood stick.' Long-winded?

Perhaps, but it saves long-term damage. If you want a kit that does a salon-worthy job from A to Z, try the **Red Carpet Manicure Kit, £89.95**.

'Gel-effect' Prefer a low-maintenance approach? Take advantage of the products that offer a glossy, long-lasting finish without being too time-consuming. The main difference between these and your standard varnishes is that they include polymers so, while they don't last as long as a traditional gel, they're more chip-resistant. **Barry M Sunset Nail Paint, £4.99 each**, uses natural light to form a strong film.



Best's gel picks

No7 Gel Look Shine Colour In Grapefruit, £7, uses technology to build a durable coat.

The formula behind **Max Factor Gel Shine Lacquer in Patent Poppy, £6.99**, stops polish moulding into ridges for a smooth effect.

Sally Hansen Miracle Gel in Pink Lip, £9.99, relies on sunlight to strengthen.



et salon-
worthy
**AILS
OME**

I love Chloe – it's not a publicity stunt!



It's an X Factor love match, say former contestants Chloe-Jasmine Whichello and Stevi Ritchie...

CHLOE

Hi, Chloe. Congratulations on your engagement, which you announced on Twitter last week. Stevi said he proposed on your birthday eve...

Yes – I turned 24 on 4 July. He took me to a restaurant in Devon, where I'd been gigging at the Haven holiday resort. We were on the dessert and he gave me a bag of chocolates. I looked in it and saw it was full of paper. There was nothing obviously in there, so I gave it back. He had to fish out the ring himself and get down on one knee! [laughs].

Did you say yes at once?

Well, you don't expect something like that to happen so out of the blue... I

actually said, 'Are you sure?' I was in shock. But of course I said yes. Steven is hilarious – you can't predict what he's going to say. What you see is what you get. He's totally honest, and that's rare.

Do you call him Steven?

Yes. His name is Steven Andrew Ritchie.

He's a cheeky Essex chappy, while you're quite posh. What do you say to those who call you the 'odd couple'?

I'm not sure we are that different. My dad was born in Romford, Essex, and my mum worked three jobs to put herself through university. So we have similar roots. But I've had to teach him what smoked salmon and avocados are!

What do your parents make of Stevi?

Both sets of parents are very, very happy. His parents met at 15 and 21 and

have been together for 45 years, and mine have been married for 25 years, so they all believe in marriage.

You're planning the wedding for next summer. Will it be in Sussex, where you grew up?

It might be in Essex or Devon, where Stevi proposed. But all I really want is to please, please live happily ever after. I've never had a nice boyfriend before.

What about the dress?

I'm very, very lucky – I know a lot of designers, and I've been offered a Vivienne Westwood corset.

Will Stevi's daughter, Summer, be a bridesmaid?

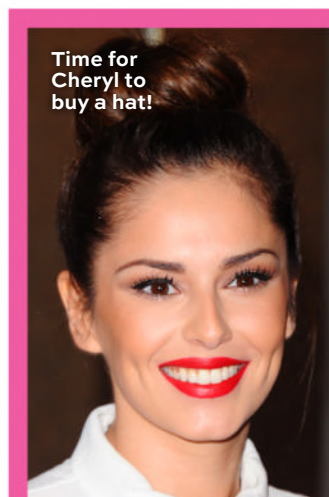
Yes! He's such an amazing dad, which is a lovely thing for me to know.

Will Simon Cowell be there?

Poor Stevi, he's still so in love with him, and is always messaging his PA, but I don't know. We don't have a wedding date yet, and Simon is a very busy man.

Tell us a bit about your first date...

I'm not sure it counts as a date, but the first time we really talked was in the X Factor house. I was in my pyjamas and we shared a bar of chocolate. We had to keep any romance secret until he was eliminated from the show. And now, less than two years later, we're getting married. Can you believe it?



TWITTER@CHLOEJASMINNEW

The couple
plan to prove
the doubters
wrong



STEVI

It it true you didn't fancy Chloe when you first saw her on *The X Factor*?

Totally – I didn't find her the least bit attractive! But she was funny and I really liked her as a person.

So when did the attraction begin?

She came into my *X Factor* room – not my bed, I want to be clear on that! – and we sat sharing a Galaxy bar. She was really intelligent and so endearing. We said goodnight and she gave me a cuddle. I don't know what happened, but I suddenly thought, 'I wouldn't mind a bit of that!' The next day, we started flirting.

How did you feel when she was eliminated?

I won't lie – I cried. I was really upset. I wasn't in love with her, but I missed her.

And she came to your parents' house the moment you were eliminated...

Yes. I still live at home with my parents

in Colchester, so that was a bit awks. The walls are thin, if you know what I mean! But I'm moving out by the end of the year, and we'll have a room for Summer, one for Chloe and me, and one for the next baby.

Do opposites attract?

Obviously! I'm a commoner and I never thought I'd marry a posh bird, love, and she never thought she'd be with an Essex boy. But it kind of works.

Why did you propose?

I didn't expect to fall for her but, sod it, this Christmas, I suddenly realised how much I missed Chloe when I was on tour. I couldn't get her out of my mind, and I thought, 'why not?'

Giving a girl a ring hidden in a bag is an unusual way of proposing...

Everyone does that ring-in-a-box thing, so I thought I'd be a bit different. But Chlo looked in the bag and said,



'I suddenly thought, "I wouldn't mind a bit of that!"'

'There's nothing in here!' and I had to fish the ring out myself!

What sort of wedding will it be?

Top class. It's going to cost a fortune, but I only plan on doing it once, so it's going to be a wedding to remember.

Any celebrity guests?

Cheryl Fernandez-Versini is coming, and I'd love Simon to be my Best Man. He was really good to me on *The X Factor*, and we had a bit of a bond. I'm very sad he's just lost his mum.

Chloe says she's introduced you to smoked salmon and avocado. What have you introduced her to?

Nando's and the Harvester!

Sum up how you feel about Chloe...

I love her. She's the one I want to be with. It's not a stunt for me. I wouldn't spend over a grand on a ring otherwise. I don't care what other people think – for me, it's love.

Summer nights...

Look cool when the sun goes down

Orange dress, £45, Wallis
Gold bag, £35, Accessorize
Silver flip-flops, £12, Matalan
Earrings, £21, mymilymoo.com
Ring, £7, Wallis

Love the
embellished neckline!

best
DRESSED
SUMMER



Floral dress, £48, Wallis
Clutch, £59, Dune
Heels, £46, Topshop

Top, **£25**, Gok for
Tu at Sainsbury's
Printed trousers, **£12**,
George at Asda
Heels, **£15**, Matalan
Bracelet, **£6.50**,
Miss Selfridge
Bag, **£9.99**, New Look
Necklace, **£50**,
qvcuk.com
Hat, **£16**,
jdwilliams.co.uk



Off-the-shoulder style
is so pretty



Poppy dress,
£120, Phase
Eight
Heels, **£46**,
Topshop
Bracelet,
£6.50, Miss
Selfridge
Bag, **£29**,
Accessorize
Necklace, **£10**,
Miss Selfridge

FASHION WENDY RIGGS ASSISTED BY HARRIET DAVEY
PHOTOGRAPHER ROMI STERN AT SUPERNOVA CREATIVE
MANAGEMENT ASSISTED BY PAULO VIEIRA
SHOT ON LOCATION AT AITZARO SPA, IBIZA

best DRESSED SUMMER



Cold shoulder
top, **£45.99**, Zara
White trousers,
£49.99, Mango
Bag, **£12.99**,
New Look
Ring, **£7.50**,
Topshop

*Super
flattering
with heels!*



Top, **£22**,
River Island
Maxi skirt,
£165, Coast
Heels, **£49.99**,
Zara
Bag, **£59**, Coast



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'I was offered DRAGONS' DEN on the SCHOOL RUN'

Mumpreneur and **best** columnist Sarah Willingham, 41, on her success, becoming the new Dragon and how being a mother will always come first...



I'm proud of being a mum... family life is my priority'



Sarah turned the Bombay Bicycle Club into the UK's biggest Indian chain

We love you as the new Dragon. How did it feel watching the show?

It was so much fun – but I don't think I'll ever get used to watching myself on TV. I can't believe I'm one of the Dragons. I pinch myself.

What did your kids – Marly, Nelly, Minnie and Monti (aged 4 – 9) – think?

I was away for five weeks, filming in Manchester, so it was lovely for them to see what Mum had been doing. When I gave one of the pitchers a good telling off in the first episode, all four of them sat bolt upright and said, 'Mama, why are you so angry?!' [Laughs]

Were you surprised how mean you could be?

I'm from Stoke, so I know how straight-talking I am. [Laughs] But I'm also really nice. For me, when it's brilliant, it's brilliant and when it's not, it's really not.

Where were you when you found out you were the new Dragon?

On the school run. The BBC phoned when I'd literally just walked in to pick the kids up and Nelly came out really crying about something, so I had to

tell them I'd call them back. My head felt like it was going to explode.

Was the first day exciting?

It was fab. I didn't know any of the other Dragons, but Deborah [Meaden] and Peter [Jones] were so welcoming. They had my back completely, as it was daunting. On the first day, I sat down in [ex-Dragon] Duncan Bannatyne's chair – that's a very big chair to fill. And even though we've all got very busy diaries, we've stayed in touch.

As creator of the Bombay Bicycle Club chain, tell us about your rise to success.

I don't know where the business passion came from, but I've always been fascinated by it. In my 20s, I had really great, normal jobs. But I dreamt of having a big family and knew that I couldn't stay on that path. I didn't want to have children and delegate them out, I wanted to enjoy them growing up and be in charge of my own diary. Aged 28, I made the huge decision to make a change. That was when I bought Bombay Bicycle Club and it grew from six restaurants to 17 – the biggest Indian chain in the UK. While I was busy with that venture, I'd had two children and I couldn't do it all. I left, but the good thing was I made enough



On set with fellow Dragon Deborah Meaden

money to start investing and I haven't looked back.

How do you fit it all in?

The best advice I can give anybody is to stay true to who you are. I'm very proud of being a mum and want to be a mum, therefore I prioritise it. Whatever decisions I make have to fit in so they don't jeopardise our family. If I don't do the school run for one week, or I don't spend evenings with the kids, it upsets me. I feel like I've lost the balance.

Your business partner is husband Michael Toxvaerd. How do you make it work?

We met through work and have always worked together, but family life is our priority. When we're really busy we have to be strict about chilling out and we ban talking about work.

What's next for you?

I've got such a packed diary but mine and Michael's big thing is going on a really long family holiday each year. We're going to Europe this summer – I can't wait!

● **Dragons' Den, Sundays, 8pm, BBC2**

TWITTER/SARAHWILLINGHAM

WORDS RIANNE ISON PICTURES ALAMY, BBC, REX FEATURES

Melissa Rivers

Life without Mum

Nine months after her mother's tragic death, Melissa Rivers opens up about life without the iconic comedienne

When Joan Rivers fell into a coma during a routine throat operation and suffered a massive heart attack last September, the showbiz world was left in shock. Her daughter Melissa then made the agonising decision to turn off the life-support machine.

'That was very difficult,' Melissa recalled. 'I was sitting there and the voice inside my head was screaming, "Wake up, wake up." But she had left very detailed notes on what she considered quality of life.'

Unsurprisingly, Joan only wanted to live if she could be 'on stage for an hour and be funny'.

As tributes poured in from the 81-year-old's superstar friends – including Sharon and Kelly Osbourne, Goldie



Joan's sudden death left her family heartbroken

Hawn and Whoopi Goldberg – Melissa and her family struggled to come to terms with their sudden loss.

'As my son Cooper and I mourn the loss of my mother, we want to thank everyone for the beautiful cards and flowers conveying heartfelt messages and condolences,

which continue to arrive from around the world.

'It's certainly helping to lift our spirits during this time. We are forever grateful for your kindness and support in continuing to honour my mother's legacy, and for remembering the joy and laughter that she brought to so many.'

Now, nine months on, Melissa, 47, has opened up about life since losing her mum. 'I miss her every day – we were so close,' she admitted. 'Death is easy on the person dying – they get the easier part of the job. As an only child, I've been alone.'

The TV producer explained she initially threw herself in to work, writing *The Book of Joan: Tales of Mirth, Mischief and Manipulation*.

At first, Melissa held her



PAYING TRIBUTE TO JOAN

Joan's star on the Hollywood Walk of Fame was covered with flowers



34 CELEBRITY



Sharon Osbourne was a good friend...



...and Sharon's daughter Kelly worked with the late funnywoman



Melissa's son Cooper is making her smile again



incomprehensible. Not only did my mother deserve better, every patient deserves better. It is my goal to make sure that this kind of horrific medical treatment never happens to anyone again,' she said in a statement earlier this year.

And speaking about the reason behind her decision earlier this month, she explained: 'I want my mother back but since that's not going to happen, I want to stop this happening to anybody else.'

emotions in check, partly for the sake of her 14-year-old son, but just over three months ago, she hit a wall.

'I cried for three weeks straight. Non-stop. It wasn't pretty,' she confessed.

'[I missed her] laughing. Picking up the phone and having someone to comfort me, or tell me to knock my s**t off.'

But writing the memoir has helped Joan's only daughter channel the grief for her beloved mum. 'It forced me to laugh. It was like therapy,' Melissa revealed.

Melissa and Cooper are having grief counselling to help them through these tough few months, which have included her decision to take legal action against the hospital where Joan was treated.

'The level of medical mismanagement, incompetency, disrespect and outrageous behaviour is shocking and almost

Now it's her son Cooper who is managing to put a smile back on his mum's face, after inheriting his grandmother's quick wit.

'He's naturally funny,' said Melissa, who recently started a new relationship with talent agent Mark Rousso.

'For Cooper, it was closer to losing a parent than a grandparent and he took it very, very hard. Milestones are hard... but we're figuring it out.'

Melissa is now busy rebuilding her life and is firmly focused on the future, which includes

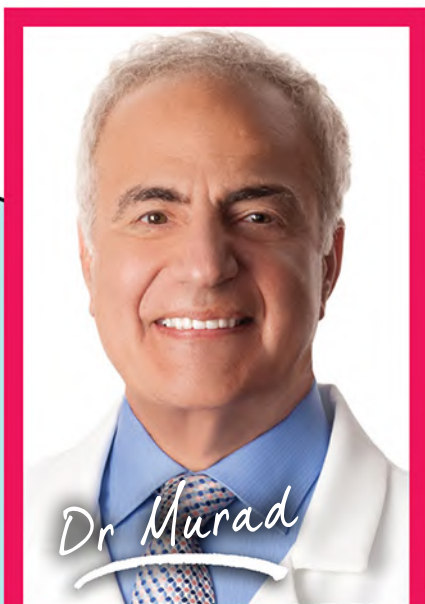
taking her seat on the panel of hit show *Fashion Police* later this year – knowing Joan would want her to carry on her legacy.

'I'm starting on my next book, I have a series on Entertainment Tonight and I'm shooting two pilots.

'I got my workaholic tendencies from my mother – she'd be proud.'

'I miss her every day - we were so close'

Beauty masterclass



Adult acne

*Each week, we ask an expert to help solve a beauty dilemma. Here, **Dr Howard Murad** reveals the best ways to combat problem skin...*

Over the course of his 50-year career, Dr Howard Murad, a board-certified dermatologist and qualified pharmacist, has seen more than 50,000 patients. Specialising in skin health, he's used his extensive knowledge to open his own LA-based dermatology practice and Health Spa and created a self-named beauty range, tackling issues like ageing, health, lifestyle and one problem that many of us are prone to – spots. 'All types of skin can be at risk of adult acne,' explains Dr Murad. So, considering more of us than ever suffer from break-outs, we've asked him for his advice on dealing with it once and for all.

Dr Murad's best ways to banish break-outs for good

🌸 **Often, hormonal changes** mixed with stress are the cause of adult acne. This form often manifests itself along the jawline and chin as tender bumps.

- **Keep your routine simple.**

I recommend a three-step regime. Cleansing is the first line of defence against break-outs, as it will rid the skin's surface of bacteria and dirt. Follow with a treatment product that tackles your individual concerns and finish with a broad spectrum (UVA and UVB defending), oil-free moisturiser such as my anti-aging moisturiser, SPF20, £45.

● **Begin with gentle formulas and if they don't clear your skin,** start working up to stronger levels. Products containing glycolic and salicylic acids keep pores clear from oil and are a good

starting point. As they exfoliate, they brighten your whole complexion, too.

● **Need something stronger?** For more severe cases, Hydrogen Peroxide is known to kill spot-causing bacteria and promote healing and can be found in Murad Exfoliating Blemish Treatment Gel, £51. Use it once a day for two weeks and, if you react well, use twice a day.

- ✿ **Picking blemishes can lead to further inflammation and scarring.**

If you must pop a pimple, make sure it's a pustule (with a white, not a red, centre), as the bacteria is already at the surface. Steam your face to open the pores, and, with tissue-covered fingertips, gently push to extract (never use your nails). Then, disinfect the area with a product like our Blemish Clearing Solution, £39.50, to avoid spreading bacteria.

THIS WEEK...

New pension rules

What are your options?

Under new laws, you have more choice and flexibility on what to do with your pension

BACKGROUND

In April, the most radical changes to private pensions for a generation took place, finally giving pensioners more choice. This so-called pension freedom means that anyone aged 55 and over can now take all of their pension pot as a lump sum rather than be forced into buying an annuity (an income for life), and also provides the option of income drawdown. While there are now these options, for many, a combination of the two is likely to be the better option. These new rules only affect private pensions where you and your employer saved up a pot of cash for retirement, known as Defined Contribution (DC) schemes.

PICTURES: GETTY IMAGES

NEW TAX RULES

Under the new rules, you can take 25% of your pension pot as a tax-free lump sum, or take out smaller amounts, of which the first 25% will be tax-free on each occasion.

However, you'll have to pay income tax on the amount you withdraw over and above the 25% tax-free allowance. If that amount, added to the rest of your income, exceeds £42,386 (2015-16), for example, you will pay tax at 40% or more. If you buy an annuity or take income drawdown (leaving your pension pot invested), you will only pay tax on the income. Anyone earning below £10,600 in 2015-16 will not pay anything.



These pension changes are likely to affect **4.5 million** people with Defined Contribution schemes

Cashback Queen



With Dragons' Den's
Sarah Willingham



STATE PENSION CHANGES

From 6 April 2016, the additional state pension and part of pension credit is being abolished, to be replaced with a single-tier state pension. The rate will rise from £113 a week to around £155, but the precise amount will be set towards the end of 2015. However, most people will not qualify for the full pension, as their schemes were contracted out of the second state pension, and they paid lower National Insurance (NI) contributions as a result. To qualify for the full pension, you will now need 35 years of NI contributions, instead of 30 previously.

BEWARE

20% of over-55s have been approached by a company offering to 'help' them access their pension early. HALF contacted by phone

FRAUD

A negative of the new reforms is the increased chance of being a victim of fraud. Research from financial adviser Retirement Advantage found that one in five over-50s may have been targeted by fraudsters looking to trick them out of their savings. Scammers promise victims they can unlock a pension early by using a legal loophole or a one-off investment. People need to look out for anyone offering to help them access their savings before the age of 55 as this only occurs in rare cases. If you're encouraged to 'act now' or withdraw your pension pot, seek independent financial advice at unbiased.co.uk and make sure anyone advising you is registered by the FCA.

WHAT DO YOU THINK?

Tell us your views
at **BestDaily**

best
daily.co.uk

CASHBACK QUEEN 37

'They stole my child, but they won't destroy me'

From the age of 11, Sarah Wilson was preyed on by the infamous Rotherham paedophile gangs, but after years of torment, she's fighting back...

Lying in the dark on a dirty old mattress, I heard footsteps on the stairs. The door creaked open and a figure appeared.

I couldn't see the man properly, but he was one of many who'd come to me that night. Was he the sixth or the seventh? My head was too fuzzy from the vodka they'd given me to remember.

My trousers were around my ankles already as he pulled down his and climbed on top of me. I focused on a cobweb in the corner of the room until he'd finished. As he left, I hoped he'd be the last, but I knew he probably wasn't.

I was only 13, yet, for me, 'normal' was being plied with alcohol and drugs, then driven across the country to be raped by multiple men in one night.

Groomed from the age of 11, I was one of 1,400 girls in

my hometown of Rotherham, South Yorkshire, who were sexually exploited by gangs of mainly British-Pakistani men. Police and social services turned a blind eye to the abuse, choosing to see us not as victims, but as willing participants.

I never had an easy life. Problems at home and bullying at school left me isolated, lonely and vulnerable to grooming.

At 11, I was befriended by some older girls who lived near the home I shared with my mum, Margaret, older brothers, Robert and Mark, and younger sister Laura.

Desperate to fit in, I started drinking and smoking weed with them. One introduced me to an older man she'd been seeing. He had a friend with him, who told me I was pretty and he really liked me. At the local playground one day, he asked me to perform oral sex on him. I said

no, but he persisted. 'It'll be our little secret,' he

said. I didn't want this man to think I was a silly little kid, so, finally, I agreed.

It was horrible. Afterwards, I felt dirty and ashamed. But it was just the beginning.

Soon after I turned 12, another guy, Raj, took me out in his car, drove me to an industrial estate and had sex with me on the back seat. It was my first time. I hated it but I feared that if I didn't relent, the men would think I was uptight.

After that, they drove me all over the country, pimping me out to their mates. A lot of the men were taxi drivers, so they'd park up near the playground and we'd sit in their cars. They bought us anything we wanted: phones, clothes, takeaway food, cigarettes, alcohol and drugs.

I was soon hooked on drugs and drink, dependent on these men to provide it.

My abusers would call at all hours and threaten to petrol-bomb my house if I refused to meet them.

Mum, who was working long hours at a local pub, found out and tried to stop me seeing them.

She alerted social services and the police, but they told her my behaviour was a 'lifestyle choice'.

By 13, I'd been expelled from school. Then, after threatening my family with a

kitchen knife, I was put in a children's home. The staff there didn't care what I did. 'Who are you sleeping with tonight?' one asked, when one of my abusers arrived.

Sometimes I'd be taken to the back room of a takeaway shop or a house or flat. There would always be drink and drugs, then I'd be raped by whoever was around.

By the time I was 16, sex with my abusers dwindled – I was too old for them then.

Around that time, I met my guardian angel, Hamid, who helped me overcome my drug addiction and build bridges with my family.

It meant I was around for my sister Laura, then 17, when she had her baby girl Alesha.

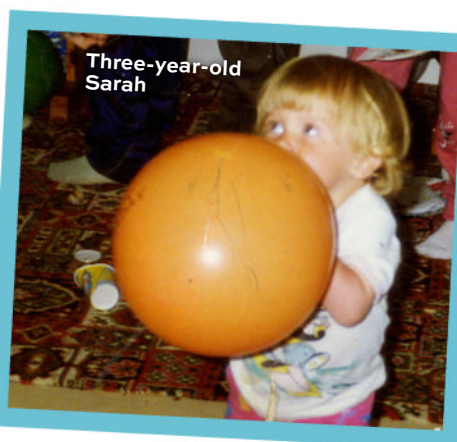
Just four months later, in October 2010, Laura was brutally murdered by her ex-boyfriend Ashtiaq Asghar. I was devastated.

Ashtiaq came from a devout Muslim family and had kept his relationship with her secret. He killed Laura after she told them everything.

Ashtiaq was sentenced to life for her murder. Mum and I then devoted ourselves to bringing up Alesha.

Last year, I discovered I was expecting a child of my own. I'd met an old school pal, but it didn't work out between us. It was while I was pregnant

WORDS: LAUREN CUMMING PICTURES: JULIAN ANDREWS/EB PRODUCTIONS LTD, ROSS PARRY.CO.UK



Three-year-old Sarah



At four, still young and innocent

hood, but my future'



Sarah
during
the years
of abuse

*'I've now
got hope that
one day I'll
get justice'*

with my son, Myles, now four months, that the lid was blown off the Rotherham sexual abuse scandal.

An inquiry, launched after some of the men responsible were jailed, revealed failures by police and social services to stop the abuse.

I went to the police myself and started a video interview, but it was too overwhelming, so I put it on hold.

But, reading about the trial and seeing these vile men jailed, I now have hope that one day I'll get justice, too.

Being a mother has made me even more passionate about preventing child abuse. I'm working with the police and children's charities to help professionals recognise the signs of

child sexual exploitation.

I'll never forget the horrors of my teenage years. I'm 23 now, and I still feel anxious going into town alone. I rarely use taxis, as so many of the men who raped me were taxi drivers.

I struggle to do the things many young women take for granted, like going to college and getting a full-time job.

But, while my abusers stole my past, I refuse to let them destroy my future.

● **Violated by Sarah Wilson**



is published by Harper Element in paperback and eBook, and is available at smarturl.it/ViolatedPB

HOW THEY FAILED OUR GIRLS

The Rotherham sex abuse scandal broke in 2010, when five Asian men were jailed for sexual offences against teenage girls.

An independent report has since suggested that, between 1997 and 2013, as many as 1,400 girls – many from troubled backgrounds – were exploited by predominantly Asian sex gangs, as police and council officials turned a blind eye.

They were targeted, groomed and passed between gangs of men, with some forced into prostitution. The Government described the failure to halt the abuse as 'appalling', and key council figures resigned.

With new staff in place at Rotherham Council, the Independent Police Complaints Commission is investigating 42 officers in the South Yorkshire Police and The National Crime Agency is looking at over 300 suspects.



Jailed: these men were all found guilty of sexual offences

THE *entertainment* edit

Pick of the week's TV...



Wednesday,
9pm, C4

One Born Every Minute

Students Brooke and Tim, both 23 and inseparable since their first term at university, can't decide on a name for their baby. Meanwhile, Hayley, 40, fears being separated from her 23-year-old partner Nick, who became critically ill during her pregnancy after contracting pneumonia and septicaemia. Moving real-life drama.

Real Stories With Ranvir Singh

Congratulations to *Good Morning Britain*'s Ranvir, who has landed her own show. In this new six-parter, Ranvir and co-host Michael Underwood tell the stories of people whose lives have changed forever after facing extraordinary events. From a man who was almost crushed to death under a bus, to a man suffering from dementia at only 39, these case histories will stay with you.



NEW
SERIES

Thursday, 7.30pm, ITV1



Wednesday, 9.45pm, Sky
Movies Drama & Romance

Sweet Home Alabama

City girl Melanie (Reese Witherspoon) only has to sort out one final detail before her glitzy marriage to the son of New York's mayor – her divorce papers from Jake (Josh Lucas). The childhood sweethearts split years ago, but our Mel soon finds out that the spark is still there. Charming romantic comedy with Patrick Dempsey.



NEW
SERIES

Far Right And Proud: Reggie Yates' Extreme Russia

The popular broadcaster travels to Moscow to meet Russia's nationalists, who idolise President Putin and threaten violence to show devotion to their country. He also talks to migrants who have suffered racist attacks in the city, and considers how a rise of far-right groups could impact upon other countries, such as the UK.

Thursday,
10.35pm, BBC1

40ONTHEBOX



Friday, 8pm, TLC

Curvy Brides

Sisters Yukia Walker and Yuneisia Harris own a plus-size bridal salon called *Curvaceous Couture*, in Maryland, USA, that proves there's a dream dress for every bride. Whether you're eight months pregnant or a curvy bride with nine bridesmaids, no job's too big!



**Agatha
Christie's
Partners
In Crime,
Thursday,
9pm**



**Suited and booted,
Jessica and David
play detective**

We're used to seeing him as Simon Cowell's right hand man, but David Walliams is back with a brand new show...

David's new challenge

Hi, David. You're back on our screens, in *Agatha Christie's Partners in Crime*. Tell us about the show...

It follows the adventures of a husband-and-wife detective team – my character, Tommy, and wife Tuppence. She's

definitely braver and more forthright than him – he's more of a klutz. During World War II, Tommy was hit by a catering van on his first day as a soldier, so he never got to prove himself – this is his journey to be a hero.

Are you a big Agatha Christie fan?

I was about 10 when I watched *Murder on the Orient Express* with Albert Finney. I became a fan and loved all the TV adaptations over the years. I was lucky enough to be in *The*

Body In The Library, the first story in the new series of *Agatha Christie's Marple*.

***Partners In Crime* is set in the 1950s. Did you enjoy the costumes?**

Back then, people dressed formally. The men wore suits, ties and hats, and the women were equally beautifully dressed. I like looking smart. I also like the slight sense of struggle about that post-war era.

You're executive producer of the series...

Yes, I went to the owners of the Christie rights with the idea of bringing Tommy and

Tuppence to a new audience. I've been involved for the past couple of years. It seems strange, because I'm used to being on the other side of it, to being rejected!

How did filming go?

The weather was the biggest challenge, as we filmed during autumn and winter. In one scene, we were off to the opera, all excited, and it was absolutely tipping down with rain. It's odd having to still act like you're having fun! Also, I've never had to use a gun as a prop before, or grapple with a 1950s Morris Minor, or drive an antique motorbike.

Call *The Midwife* actress Jessica Raine plays your on-screen wife. Did you enjoy working with her?

I'd seen Jessica on TV and thought she was brilliant. As soon as her name was mentioned as a potential Tuppence, it all made sense. She's come from being the lead in one of the most popular drama series in recent years, and she's got the exact qualities of the character. It's great working with someone so talented, and she has a lot more experience as an actor than me. I can take her lead a lot.

Do you think we'll see more of Tommy and Tuppence?

If the viewers enjoy it, I'm sure there will be more. It's been a brilliant adventure.



**David's co-star in
Partners In Crime
is Jessica Raine**



OO-HEAVEN?

Since his portrayal of *Homeland*'s Nicholas Brody, actor **Damian Lewis** has been inundated. He's currently filming US drama *Billions*, while *Bill* – a comedy biopic about Shakespeare – airs this August. Damian, 44, is also hotly-tipped to be the next James Bond – his odds have been slashed to 3/1!



POLE POSITION

Presenter **Chris Evans**, 49, has lots to celebrate. After the success of *TFI Friday*'s comeback, pulling in over four million viewers, Chris has confirmed the show will be back for an eight-week run on C4 later this year. The dad-of-three has also been unveiled as Jeremy Clarkson's replacement on the BBC's *Top Gear*.



DAPPER DETECTIVE

Benedict Cumberbatch, 38, never wastes a moment. This year, the actor has filmed a *Sherlock* one-off special, plus movie *Black Mass* with Johnny Depp, and also plays *Hamlet* at the National Theatre this summer. He married theatre director Sophie Hunter in February and their baby son arrived last month. Busy!!!

The rise of the redheads

Being ginger has never been hotter – as these six stars are proving...



THE PEOPLE'S PRINCE

Fifth in line to the throne, **Prince Harry**, 30, causes women to swoon almost everywhere he goes. Earlier this month, he stepped down from his 10-year military career to devote more of his time to charity work. 'I'm looking forward to a new chapter,' Harry said. So are your fans, Hazza!



REPRESENTING THE LADIES...

It's not just the red-headed hunks who are paving the way. Actress **Eleanor Tomlinson**, 23, became a rising star earlier this year when she played Demelza in ratings winner *Poldark*. Singer **Florence Welch**, 28, is also riding high, having racked up a rumoured £10 million fortune since she stormed the music charts with her band, Florence + The Machine. Girl power!



'Sparks will fly!'

In the week a new murder suspect is revealed, EastEnders' Pam, aka Lin Blakley, talks about her explosive week in Albert Square

How does Pam feel now that her grandson Paul has returned to Walford?

Absolutely delighted! Her sunshine has come back. She adores him, because he's a part of her son that died. He's a big light in her life. She was praying he'd come back, that he would forgive her for everything, and now he has – her life is complete.

Do you think she knows something isn't quite right between Les and Paul?

She's noticed. She feels that Les wants to leave her again, but she's kidding herself that he's forgiven her, and thinks it's because he doesn't like being in Walford. That hits her very hard. She blames herself.

Pam seems desperate for Paul to be part of the business. Why?

Just to keep him there. He has said that he doesn't want to be in the family

business, but she thinks that if he gets on the artistic side, then he'll stay.

This week, there's a centenary party. Why's it so important to Pam?

She's excited, because it's her husband's family that started Coker & Sons all those years ago. Plus, she gets the chance to do herself up, do her hair and put her make-up on – she doesn't do that when she's on the market. She'll put on a new frock and high heels, and have a little dance with Les. She's excited.

But Pam soon realises all is not well with Paul...

She knows there's something badly wrong. She thinks maybe Les has asked him to stay but, if she speaks to him, everything will be all right. She sees him walk out and follows him – she desperately doesn't want him to go home and pack his bags.

Do you think Pam's biggest fear is losing Paul?

Definitely. But she has no idea what's really bothering him...

EastEnders, Monday and Friday 8pm, Tuesday & Thursday, 7.30pm, BBC1

'Pam thinks Les wants to leave her – or leave Walford'

Pam raises a glass with hubby Les and grandson Paul

She later hears him accusing Les of having an affair with her friend. How does she feel?

It's hard – like somebody's punching her in the stomach. The first time we rehearsed it, my whole insides were shaking, because your whole self goes into that. It was terrifically well written.

Is Pam annoyed at Paul for not telling her sooner?

No. There's disbelief when she does find out – she thinks he's making it up and she doesn't want to hear any more. But there's much more to come.

Do you think Pam suspected Les of having

an affair?

No! Not at all. She trusted her husband and she trusted her friends.

Will Pam and Claudette's friendship ever recover?

I don't know yet. How can a friend do that? Sparks will definitely fly, and I hope they do. As actresses, that will be wonderful. I hope at the end of it all, there's still a friendship there...

What's next for Pam?

Watch this space! There are lots of twists and turns coming up. Sadness and laughter. It's going to be wonderful for us as actors, and I hope the audience enjoys watching it as much as we have filming it.



THE *entertainment* *edit*

WORDS: SIOBHAN WYKES AND RIANNE ISON PICTURES: BBC, CAMERA PRESS, CHANNEL 4, DAVID M BENNETT, EMPICS, FAMEFLYNET, ITV, LARK/LFI, REX FEATURES, THE HOLLYWOOD ARCHIVES

FABULOUS FISH *in a flash*

FOR A FAST, FILLING MEAL, TRY THESE RECIPES THAT TAKE LESS AN HOUR AND ARE PACKED FULL OF GOODNESS

Jalapeño & lime salmon

For a bit of zesty heat, this Asian meal is a quick and easy winner!

SERVES 4

Prep: 10 mins

Cook: 15 mins

Total cost: £8.97

- Juice of 1-2 limes
- 5cm piece of fresh ginger, grated
- Pinch of sugar (optional), or use 1 tsp honey
- 3 tbsp sesame oil
- 1 jalapeño pepper, or use regular green chilli, sliced
- Few coriander leaves,
- 4 salmon fillets, skinned and cut into chunky pieces
- 200g pack of sugar snap peas
- 3 spring onions, white only, roughly chopped
- 300g pack of rice noodles

Add lime juice, ginger, sugar, if using, half of sesame oil, chilli and coriander to a bowl and season well. Add salmon and turn to coat. Heat a wok or frying pan until hot. Add remaining oil, then scoop out salmon pieces and add to wok. Cook for about 2-4 mins, turning, so each side is cooked. Remove and put aside. Add on top of cooked noodles.

COOK'S TIP: Egg or soba noodles are also good with this dish.

PER
SERVING
Calories: 564
Saturated fat: 3g
Fat: 17g
Carbs: 62g



Smoked salmon kedgeree

This easy version uses no-cook fish

SERVES 6

Prep: 15 mins

Cook: 20 mins

Total cost: £6.16

- 400g basmati rice
- Knob of butter
- 1 onion, finely chopped
- 1 green chilli, deseeded and finely chopped
- Pinch of turmeric
- Pinch of mild curry powder
- Handful of parsley leaves, finely chopped
- Juice of ½-1 lemon
- 350g pack of smoked salmon (use lower cost trimmings) or use hot smoked salmon

- 4-6 eggs, soft boiled (about 8 mins), then shelled and quartered

Add rice to pan of salted water and cook for about 12-15 mins or until tender. Drain well and put to one side. Add butter to large frying pan. When melted, add onion, season well and cook for 1-2 mins until soft. Stir through chilli, turmeric and curry powder, and cook for a couple more mins. Add rice and stir well until all combined. Then add parsley and lemon juice, and stir. Taste and season some more if needed, then gently stir in fish and top with eggs.



PER SERVING
Calories: 589
Saturated fat: 3g
Fat: 12g
Carbs: 78g

Spaghetti with roasted tomato & prawns

A simple, filling pasta dish – just perfect for a hungry family

SERVES 4

Prep: 10 mins

Cook: 20 mins

Total cost: £6.14

- 6 tomatoes, halved
- 2 tbsp olive oil
- Few thyme stalks, plus extra to serve
- 350g spaghetti
- 200g pack of raw king prawns
- 2 cloves of garlic, chopped
- Handful of fresh flat-leaf parsley, finely chopped
- Grated Parmesan, to serve (optional)
- Chilli oil, to serve

Preheat oven to 200°C/180°C fan/gas 6. Sit tomatoes in a tray with half of oil. Toss, then top with thyme and put in oven for about 15 mins. Remove and put to one side. Add spaghetti to a pan of boiling, salted water and cook for 10 mins. Drain, then return to pan with a little cooking water. Put to one side. Heat remaining oil in a frying pan. Add prawns and garlic.

Season and cook for 3-4 mins until pink, then add parsley and toss. Combine tomatoes and prawns with spaghetti and serve with a sprinkling of Parmesan, if using, and a drizzle of chilli oil.

PER SERVING
Calories: 417
Saturated fat: 1g
Fat: 8g
Carbs: 68g



KIT OUT YOUR

Create a calming space by mixing



CAFETIERE, £16.95,
DOTCOMGIFTSHOP

We love this top of the range kitchen by John Lewis of Hungerford. If you don't need a complete overhaul, why not consider copying the colour scheme? It's a brilliant way to breathe new life into a neutral room and add a burst of colour to old woodwork. Pick up a pot of kitchen paint at B&Q for just £19.84 – our favourite shade is Colours One Coat Matt Emulsion, in Tutu.



THE ARTISAN KITCHEN, PRICED FROM £25,000
FROM JOHN LEWIS OF HUNGERFORD



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£6, WILKO



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SAINSBURY'S



MUG, £4,
TESCO

Hot new diets for a *hot new you!*

So you've got your head round Paleo, Alkaline and the 5:2 – but now there's a new crop of diets out there which could help you shed those excess pounds

BANTING

What is it? Huge in South Africa, this is a high fat, moderate protein, low carb diet. There are three lists – eat foods mostly on the green list (meat, dairy, fats, nuts, veg), have occasional orange-list foods (fruits, starchy veg) and avoid red-list food (carbs, sugars, alcohol).

How does it work? By avoiding carbs, you remove the body's main fuel source – glucose – so it burns your own fat stores for energy.

Is it effective? Low-carb diets often trigger fast weight-loss, so 7lb in seven days is possible.

Find out more: **The Real**

Meal Revolution by Professor Tim Noakes & Jonno Proudfoot (£20, Robinson).



THE 3R CLEANSE

What is it? Yoga teacher Chris James' three-day cleanse in a box with eating rules and healthy recipes. Day one: Remove refined and processed foods from your diet; Day two: Restore with raw vegetables and nuts; Day three: Rejuvenate with juices and smoothies. You also take a cleansing powder of prune fibre, dandelion, linseed

and psyllium.

How does it work? It gives your system a detox.

Is it effective? James doesn't say, but 3-5lb on a three-day cleanse is normal.

Find out more: **The 3R Cleanse is available at SpaceNK for £35. uk.spacenk.com**



PEGAN

What is it? The best of eating vegan (no animal products) and Paleo (stone-age diet) with meals based around fruit and veg (up to 75 per cent), fats (avocados), small portions of gluten-free grains (quinoa, rice, oats) and small bits of meat, fish or chicken.

How does it work? A healthy balanced diet with low levels of sugar. Plant-based diets are often naturally lower in calories

Is it effective? Its main aim is to improve health – but you could lose 1-2lb a week.

Find out more: Go to drhyman.com for information.



THE WHOLE30

What is it? It's a 30-day plan in which you give up foods the creators say are linked to niggling health problems – and a sluggish metabolism. These include sugar, artificial sweeteners, alcohol, grains, beans, pulses, soy, dairy and some additives.

Instead eat meat, seafood, veg, fruit, nuts, seeds and healthy oils.

How does it work? By cutting out so much, you naturally cut calories – but the foods you remove are also commonly associated with intolerances that can also cause bloating and excess weight.

Is it effective? Weighing yourself is technically against the rules of Whole30, instead focus on how good you feel.

Find out more: The **Whole30** by Dallas & Melissa Hartwig (£18.99, Yellow Kite).



SSS

What is it? A 90-day plan by nutrition coach Joe Wicks. The S's stand for Shape, Shift and Sustain and it combines healthy recipes and exercise plans to boost fitness, burn fat and build muscle. It's individually tailored and no food groups are banned

– you eat healthy carbs, protein and fat (in amounts tailored to

you). Alcohol is a no-no.

How does it work? It balances food groups to ensure you're taking in only what you personally need and use up each day.

Is it effective? Expect to lose around 1-2lb a week – but you'll build muscle and learn good habits to help keep weight off.

Find out more: thebodycoach.co.uk – it's not cheap at £147. Follow him on Instagram @thebodycoach.



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Both these sets of clues lead to the same answers, revealing in the shaded squares a film starring Dustin Hoffman (3, 5)

STRAIGHT CLUES

ACROSS

- 6 Farewell (7)
- 7 Budge (5)
- 9 Circle, hollow wheel (4)
- 10 They offer their services (10)
- 11 Citrus fruit (5)
- 12 Large sea (5)
- 14 Biblical Wise Men (4)
- 16 Of high quality (4)
- 17 This, that, or the ----- (5)
- 18 Cunning, or guile (5)
- 22 All inhabitants (10)
- 25 Slender (4)
- 26 Strict, severe (5)
- 27 Keep under foot (7)

DOWN

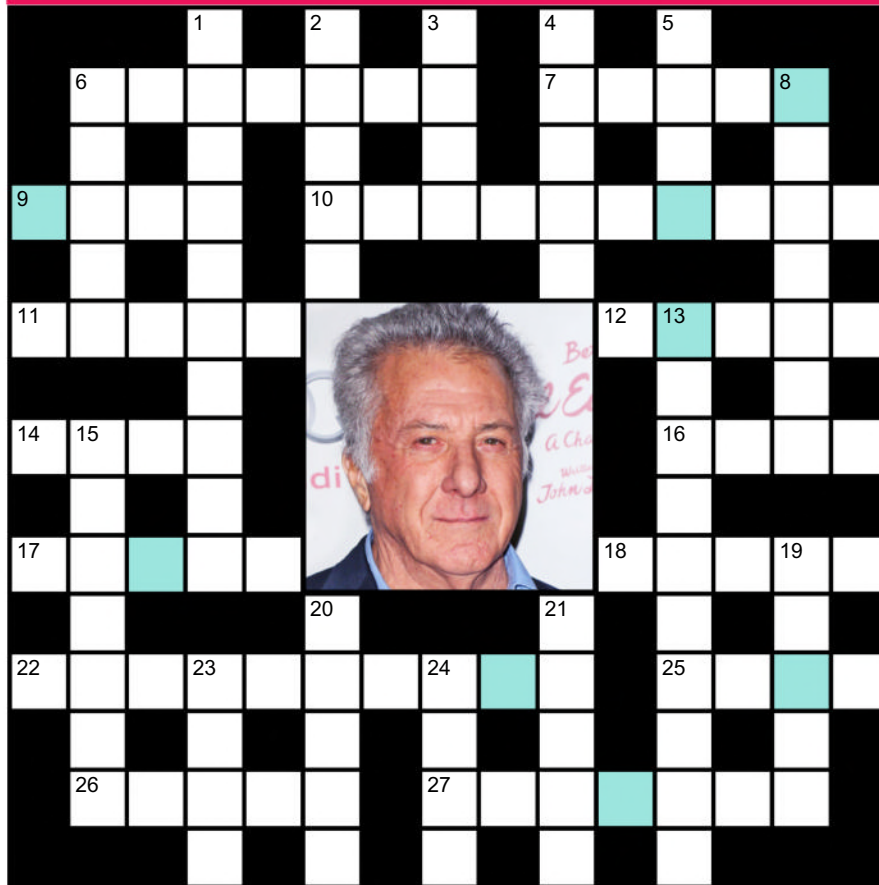
- 1 Middle way (10)
- 2 Higher than (5)
- 3 Lunch or tea, e.g. (4)
- 4 Employing (5)
- 5 Plunge headlong into water (4)
- 6 Feel one's way (5)
- 8 Cyclone, twister (7)
- 13 Smokes (10)
- 15 Deeds (7)
- 19 Cooks in oil (5)
- 20 Colouring agent (5)
- 21 Breaks in two (5)
- 23 Put to work (4)
- 24 Ferrous metal (4)

CRYPTIC CLUES

ACROSS

- 6 Excellent purchase, we hear. We're leaving now! (7)
- 7 Garment for a work

TO ENTER CALL: 0901 609 4214 (UK 65ppm)†
/1550 716 022 (ROI 97cpm) † CODE: PUBSTN15447



- 9 period (5)
- 10 Ring for the comeback of children's bear (4)
- 11 Let nervous characters move. They are not pressed! (10)
- 12 Melon, possibly, or another fruit? (5)
- 13 Canoe is destroyed in this vast area (5)
- 14 Biblical characters in one's imagination (4)
- 16 Well-behaved? Splendid! (4)
- 17 Different one, or the alternative (5)
- 18 Workmanship shown in a vessel (5)
- 22 Option Paul exercised with all the people there (10)
- 25 Some breathing exercises keep us lean (4)
- 26 The back of the boat is hidden by the master navigator (5)
- 27 Keep people down in the top press rooms (7)

DOWN

- 1 Catholic or Methodist leaders vow to meet people half-way (10)
- 2 Superior to one, as printed earlier (5)
- 3 Male set out to get something to eat (4)
- 4 Exploiting gun is wrong (5)
- 5 In the end I veered off course in the sleazy

WIN
£550

club (4)

- 6 Move blindly, getting some aggro, perhaps (5)
- 8 Rent trouble is a severe event, naturally (7)
- 13 Recklessly get raciest fags? (10)
- 15 Deeds presented in court cases (7)
- 19 Fires members. Getting their chips? (5)
- 20 Inapt use of colourful coat (5)
- 21 Breaks for photos (5)
- 23 Exhausted, being employed (4)
- 24 Press club (4)

ANSWERS CROSSWORD

25/15 MALICE

ACROSS

- 7 Baseball 9 Adults
- 10 Full 11 Profession
- 12 Tense 14 Sings
- 15 Mime 16 Bury
- 17 Scale 18 Relay
- 23 Fascinated
- 24 Safe 25 Victim
- 26 Moisture

DOWN

- 1 Nature 2 Well
- 3 Lamps 4 Later
- 5 Substitute
- 6 Strongly 8 Lion
- 13 Simplicity
- 15 Mechanic
- 19 Afford 20 Enemy
- 21 Item 22 Admit
- 24 Site

Lines open 21 July 2015 till midnight on 3 August 2015 (closes 6 August 2015 for postal entries). Over 18s only. †UK Calls cost 65p per min plus your phone company's network access charge (ROI 97c per min), and should last no longer than 2 mins. UK SP: Spoke (0333 202 3390). ROI SP: Phonovation/Spoke (01437 8815). To enter by post, use coupon, left.

best PRIZE PUZZLES ENTRY COUPON ISSUE 29

1 Crossword ANSWER CODE: PUBSTN15447

Send to: Best Prize Puzzles (29/15), Hearst Magazines UK, The Data Solutions Centre, Worksop S80 2RT. Print in ink. One entry per household. Postal entries to reach us by closing date of 6 August, 2015. Winners will be drawn at random from correct entries received by post and phone. Names and addresses of winners available on request. No correspondence can be entered into. The editor's decision is final.

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Postcode _____
Date of birth** _____
Home telephone** _____
Mobile telephone** _____
E-mail address** _____

**optional information

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*For full T&Cs see p3. We will use the information you supply to process your competition entry. For our privacy policy visit hearthst.co.uk/dp.

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These pinks are perfect for planting and brightening your window boxes, patio pots or the front of your borders. They will flower throughout summer if you deadhead and feed them regularly. Treat them to the same fertiliser that Whetman Pinks use at their nurseries in Devon, specially formulated for healthy growth and improved flowering.



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'Chelsea' is perfect for patio containers, but we think it looks stunning when planted in a hanging basket. Height 60-90cm.

One plant in 7cm pot for £8.99. Three plants in 7cm pots for £17.98



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1

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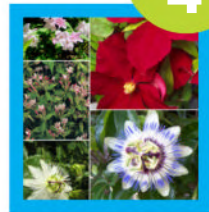


OFFER
3

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Five jumbo plug plants – £12.99



OFFER
4

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4108	Hardy fuchsias x 3	£10.99		
4370	Colourful Climber collection x 5	£12.99		
4369 FREE* OFFER	Scented Cottage Garden Pinks x 10 plug plants and 100g specialist fertiliser. Offer limited to one per household		1 [] please tick	*£5.65 postage
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Make cheques/PO payable to: Mont Rose of Guernsey Ltd. Write your name and address on the back or complete your credit/debit card details. Offer closes end August 2015. Open to UK residents only. Contract of supply of goods is with Mont Rose of Guernsey Limited. Terms and conditions on request. Offers are subject to availability. Please allow 28 days for delivery. Only one offer collection per person.

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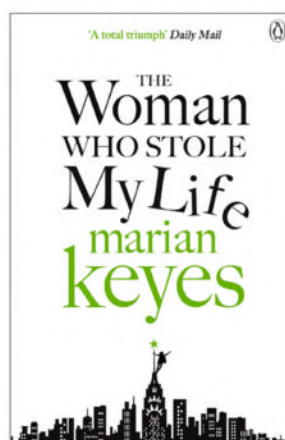
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6 sizzling su

Our pick

THE WOMAN WHO STOLE MY LIFE, MARIAN KEYES, PENGUIN, £7.99 No-one balances humour and darkness as well as Marian Keyes, and in this gripping drama, there's plenty of both. Stella, 41, is a beautician, married with two children. After a car accident, she discovers she has Guillain-Barré syndrome, which leaves her paralysed for a year. She turns the experience into a best-selling book, but after becoming a celebrity in New York, her world implodes and she ends up in Dublin, questioning how it all went wrong. With a sparkingly witty dialogue, this is a thought-provoking, laugh-out-loud winner.



A SEASIDE AFFAIR, FERN BRITTON, HARPER, £7.99 If you're heading to Cornwall this summer, Fern Britton's seaside romp, now in paperback, is a must for the suitcase. When the residents of coastal town Trevay learn that their beloved theatre is to become a coffee chain, they enlist the help of famous actors to perform at a fund-raising drive. Britton draws on her celebrity experience to conjure up hilarious portraits of egotistical performers posing, as the villagers stake everything to fight the developers. As well as being a light, funny read, this is a love letter to Cornwall – an area Britton clearly knows well.

CHESTNUT STREET, MAEVE BINCHY, ORION, £7.99 When she died in 2012, much-loved Irish writer Binchy left behind these short stories, all loosely connected by their setting on fictional Chestnut Street in Dublin. Although they vary in length, they are all pure Maeve magic, detailing the quirky lives of Bucket Maguire and Nessa and a whole cast of characters whose lives interweave. They are stories of young and old, of love and heartbreak, and written with her unique combination of humour, sadness, warmth and gentle mockery. It's the perfect book to savour in tasty bites or as one, long, satisfying read.



Summer reads!

of the books you should pack for your holiday...

I LET YOU GO, CLARE MACKINTOSH, SPHERE, £7.99

If you like thrillers with more twists than a corkscrew, then this stunning first novel should get pride of place on your sunbed. Mackintosh, a former detective, based this story on a case she worked on, so it's full of authentic detail. When Jenna's son is killed in a hit and run accident, she is so devastated, she abandons her life as an artist and moves to a remote cottage on the Welsh coast. As the story switches between the investigation and the psychological damage caused, unexpected plot turns will leave you genuinely shocked. Heart-stoppingly good.

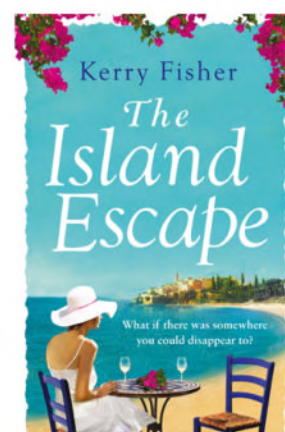


SUMMER AT SHELL COTTAGE, LUCY DIAMOND, PAN, £7.99

Olivia and Alec have holidayed at Shell Cottage in Devon every year since they married. But when Alec dies suddenly, Olivia and the family visit it without him, and she discovers secrets that lead her to start living a new, very different life. Her daughter is struggling with the pressures of work and family and her son's marriage is rocky as his stepdaughter misbehaves. But, as each of the three generations find, second chances crop up in unlikely places. Diamond delivers a heartwarming study of family life and Devon provides the perfect backdrop.

THE ISLAND ESCAPE, KERRY FISHER, AVON, £6.99

Octavia's life has shrivelled under the routine of the school run, packed lunches and shopping. Her husband, Jonathan, is dull, and she wonders what happened to her exotic dreams of travelling and having a passionate love life – the life she had with her Corsican boyfriend years ago. So when her best friend's marriage collapses, they both question whether it's possible to recapture the dreams of youth, and if it's worth risking what they already have. This is the perfect holiday escapism to enjoy from the safety of your deckchair, whether that's in Clacton or Corsica.



'I used to dress in the dark, now I've bared all'

Sally Stone, 42, lost seven stone and her inhibitions...

Taking a deep breath, I slipped out of my robe to reveal the sexy black lingerie underneath.

Stepping in front of the camera in my high heels, I felt nervous but exhilarated, too.

Rewind a year and I'd have died rather than let anyone see me wearing next-to-nothing.

But back then I was 18st 7lb, a size 20, and deeply ashamed of my bulging body.

From my teenage years, I'd been a classic yo-yo dieter. I'd lose a bit, put it back on, then lose some again.

When I'd met my husband, Daren, in June 1998, I'd been a size 10, but by the time we married seven years later, I'd crept up to a size 16.

But it was when I fell pregnant with our son, Luke, soon after, that I'd really ballooned.

By the time Luke was born in March 2006, I'd hit 17st and instead of trying to shift the baby weight, I'd piled on more.

I worked as a carpenter, making children's playhouses in Devon. On my way to the workshop in the morning, I'd pick up a pasty.

Lunch would be sandwiches and crisps and dinner a takeaway or a big plate of pasta and sauce, smothered in cheese.

Then in the evening, after Luke was in bed, I'd get the munchies

and stay up late chomping crisps and chocolate.

As time passed, I crept up to a size 20. But while my clothes expanded, my confidence shrank.

I was so embarrassed about my flabby body I wouldn't even let Daren see me naked. I'd get changed alone, in the dark.

My health was suffering, too. I'd get out of breath just walking upstairs, so running around after Luke, now an active six-year-old, was impossible.

I desperately needed to lose weight but lacked the willpower to do it.

Then, in January 2013, I was putting up a children's playhouse in a client's garden when I felt a sharp, sickening pain in my head.

My vision went blurry, I tried to cry out to my business partner, Alex, but I couldn't form the words.

'I'm having a stroke,' I thought to myself, terrified. Luckily Alex realised something was wrong and sat me down. After a few minutes, I began to feel better.

But the next day I went to my GP who sent me to the minor stroke clinic for tests.

'You're very lucky, it was just a migraine,' the doctor said. 'But with your weight, high-blood pressure and cholesterol you might not be so lucky next time.'

The message was clear - if I carried on like this I wouldn't be



around to see Luke grow up.

When I told a friend what he'd said, she encouraged me to go to Slimming World with her.

Stepping on the scales at my first meeting I was shocked as they shot up to 18st 7lb.

'How did I let myself get this big?' I sobbed.

But I was determined never to be that big again.

I started having porridge or fruit and yoghurt for breakfast, soup for lunch and, for dinner, I'd cook a Slimming World recipe. My



'I can't believe that's me,' says Sally



Initially, she was nervous taking off her robe for the photographer

'It was such a liberating experience for me'

Size 10

At a trim 11st, she treated herself to a sexy shoot

favourites were spag bol and paprika pork. I'd snack on chopped carrot, cucumber and celery in the day then, to combat the evening munchies, I'd have a cereal bar and a low-fat hot chocolate.

In the first week, I lost five pounds and every week after that I lost two to four pounds.

Almost a year after I'd started slimming, Daren and I split.

I was sad, but things hadn't been right for a while. We'd become more like housemates than husband and wife.

Despite the upheaval, I stuck rigidly to my diet and by early the following year, I was a getting close to my target weight of 11st.

But, despite having shed almost seven-and-a-half stone, my confidence was still low and I was struggling to see myself as slim.

That's when my friend suggested I did a boudoir lingerie shoot just for fun.

She knew someone who had done one recently and said the photos looked amazing.

I took the plunge and booked myself in.

Knowing the photoshoot was coming up gave me the push I needed to lose the last few pounds.

In March 2014, I reached 11st, a size 10, and, three months later, I treated myself to some new sexy black lingerie and went to the studio for my photoshoot.

I felt so nervous taking the robe off but the photographer put me at ease and soon I was posing like Kate Moss!

It was such a liberating experience and seeing the results a couple of weeks later boosted my confidence no end.

'I can't believe that's me!' I gasped, looking at the slim, sexy woman in the photos.

I've kept the weight off for a year now and I feel brilliant. My health problems have gone and I have loads of energy to run around and have fun with Luke, which is brilliant.

Recently I've started dating again, something I'd never have had the confidence to do if I hadn't lost the weight.

I've got my favourite photo from the boudoir shoot hanging on my bedroom wall.

I still find it hard to believe that the sexy woman, lying back on the couch in her lingerie is me.

It reminds me how far I've come and I know I'll never go back to how I was before.

● For more information, or to find your nearest Slimming World group, call 0844 897 8000 or visit slimmingworld.com

best DRESSED

YOUR WEEKLY STYLE FIX

Duchess Kate looks the ultimate yummy mummy in stripes!



Dannii Minogue still has the X factor!



Instagram: @danniminogue

SHOP THE LOOK



Top, 8-18, £29, La Redoute

Dress, 8-20, £38, Dorothy Perkins

Culottes, 8-20, £17.99, New Look

Scarf, £25, White Stuff

The right stripes

You don't have to shy away from this fashion classic...

● While not the easiest to pull off, a navy and white stripe gives your wardrobe a smart look.

Thanks to the Duchess of Cambridge, the Breton top has never been so hot. Remember, the wider the stripe, the bolder the look, so shop for smaller stripes if you have a bigger bust. You can also break up the pattern by wearing it underneath a classic blazer, and team with straight leg jeans and pumps for a chic outfit that never goes out of fashion.

● If you want to create a long and lean look, opt for skinny vertical stripes.

A simple shift dress with a contrasting belt will help create curves or enhance an hourglass figure. Alternatively, pick up a pair of culottes and team with a plain colour T-shirt, to let the stripes stand out.

● Don't stress if wearing such bold items isn't your thing, you can still incorporate this trend with your accessories. A statement scarf is an easy way to update a plain colour palette and a great way to be daring by mixing colour and pattern.

Dress, 8-20, £35; Necklace, £8; Sandals, £18, all M&Co



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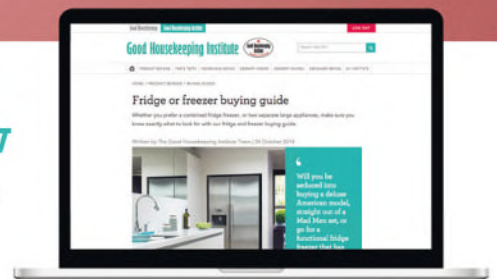


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